

Yoga Relaxation as an Additional Therapy for Traumatic Experiences: *Questions and Answers*

WHAT IS THE PURPOSE OF THIS RESEARCH STUDY?

The goal of this research study is to see whether yoga relaxation may help soldiers cope with the effects of traumatic experiences.



CAN I PARTICIPATE?

If you are bothered a lot by a past experience that made you think you would be injured or killed, and if you are over 18, in the military, and willing to try yoga relaxation, you may qualify for this study.



WHAT ARE THE POSSIBLE BENEFITS?

You may experience relief as a result of practicing this yoga technique. In addition, your participation may improve care for others in the future.

ARE THERE ANY RISKS?

This study involves a gentle, relaxing style of yoga that anyone can do. There are no known risks associated with this form of relaxation. All information collected during the study will be kept strictly confidential.

WHAT IS THE TIME COMMITMENT?

You will attend 18 yoga classes over a 10-week period and will be given a CD so you can practice at home. You will be asked to fill out brief questionnaires throughout the study.

WHO IS RUNNING THIS STUDY?

This study will be conducted by COL Charles C. Engel, MC, Director of the Deployment Health Clinical Center at Walter Reed Army Medical Center (www.PDHealth.mil), in collaboration with the Samueli Institute (www.siib.org), a non-profit medical research organization.



HOW CAN I GET MORE INFORMATION?

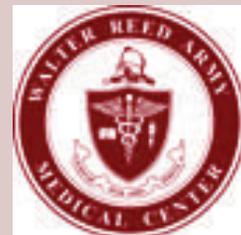
If you would like to participate in this study, please call the Deployment Health Clinical Center at 202-782-8716.

Yoga relaxation is different from Hatha Yoga, as it does not involve postures, and is practiced either lying down or seated, in a comfortable position.

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